

Kick N Rock

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Pedro Machado (UK)
音乐: Mama Don't Get Dressed Up for Nothing - Brooks & Dunn



KICK AND ROCKS

- 1& Kick right foot out at 45 degree angle to left side. Replace right foot
- 2& Kick left foot out at 45 degree angle to right side. Replace left foot
- 3-4 Step right foot across and in front of left foot at 45 degree angle, hold(rock step). Shift weight back to left foot, replace right foot
- 5& Kick left foot out at 45 degree angle to right side. Replace left foot
- 6& Kick right foot out at 45 degree angle to left side. Replace right foot
- 7&8& Step left foot across and in front of right foot at 45 degree angle, hold(rock step). Shift weight back to right foot, replace left foot

PIVOTS AND KICKS

- 1-4 Step right foot across in front of left foot. Pivot ½ turn to the left. Step left foot across in front of right foot. Pivot ½ turn to the right
- 5&6 Kick right foot forward. Step back on right foot. Touch left foot back
- 7&8 Kick left foot forward. Step back on left foot. Touch right foot back

KICK, TOUCH AND PIVOT

- 1& Kick right foot forward, replace right next to left.
- 2& Touch left foot to left side, replace left foot next to right
- 3& Touch right foot to right side, replace right foot next to left
- 4& Kick left foot forward, step left next to right.
- 5-8 Step right foot forward, pivot ½ turn to left. Step right foot forward, pivot ½ turn to left.

SHUFFLE AND ROCK

- 1&2 Step right with right foot, step left beside right, step right with right foot
- 3-4 Step left foot across, in back of right. Shift weight back to right foot (rock step)
- 5&6 Step left with left foot, step right beside left, step left with left foot.
- 7 Touch right toe across and in back of left foot
- 8 Pivot ¾ turn to the right on toe on right foot and heel of left foot.

REPEAT

For faster songs, replace the 2 rock steps in the first 8 counts with kicks.
